

Celebrate Recovery

Co-Addicted Women in a Relationship with Sexually Addicted Men —The Problem

Many of us blame ourselves for the addict's behavior:

"If only I were prettier"

"If only I were thinner"

"If only I were taller or shorter"

"If only I were more sexual"

We give in to them, only to lose ourselves in the process. Sometimes we have even participated in their sexual fantasies, or joined in by buying pornography or renting videos, leaving us feeling used and abused. Some of us ignored or did not recognize the signs that the addict was living a secret life.

Many of us blame the addict and his behavior for every problem in our relationship. We believe that if they would only change, everything would be fine.

We have tried to control the addict's behavior, thinking that as long as they follow our directions or suggestions, they will stop being a sex addict. We have sometimes pretended to family, friends, and co-workers that everything is "wonderful". We have been unforgiving and sometimes punishing toward the addict.

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We came to realize that we could not control the addict or the behavior. We understand that our problems are emotional and spiritual. We have become ready to face our denial and accept the truth about our lives and our past issues. We realize that blaming ourselves, trying to control the addict and/or ignoring the behavior, refusing to set and uphold our own personal boundaries, are all signs of co-addiction.

We are ready to accept responsibility for our own actions and make Jesus the Lord of our lives. We are dedicated to learning about sexual addiction and co-addiction and becoming partners with our spouse or significant other in recovery. We realize we are not responsible for their addiction or recovery. It is not our job to "cure" them. We are willing to find healthy ways to release our fear and anger and refuse to use anger inappropriately towards the addict.

We realize our group provides a safe place to share our fears, hurt or anger and also is a place to rejoice in victories. We have become willing to face our own defects and work through these feelings in our group. We are willing to take the focus off of the addict and focus on God and our own thoughts and feelings.